

## This month we are feeling the love...

February is the month of love, but we don't think Valentine's is just about romance- it's a great excuse to love yourself too! And there's no better way to indulge in some self-care than by doing your favourite workout. We've been working with Get Outside in Somerset, they are helping the community to get outdoors and get moving. This February they have devised a whole month of fun and active daily challenges, you'll find out more about their Month of Love Challenge later in the newsletter. Your participants have been sending in some wonderful feedback too- read on for a snap shot. And finally, we've been celebrating some milestone birthdays recently - Happy birthday to Michelle and Becky!



## Meet the team

We have some new faces in the team so over the next few issues we will be featuring all of our staff members so you can get to know us better. This month's spotlight is on Sarah Fraser, our Marketing and Communications co-ordinator.

I am quite new in post but I love working for Age UK Somerset so far!

I have a mixed background- formerly a physio and with a passion for creative writing, I'm enjoying bringing all my different skills to the job. When I'm not on the school run or taking my two young girls to the coast, I try to do some yoga, potter in the garden or catch up on the latest romcom.



---

## Flexercise Workshops

We have some upcoming Flexercise workshops, open to volunteers, carers from nursing and residential homes, helpers in day care centres and officers or 'active' residents from sheltered homes.

The workshop will provide the necessary information that an individual will require to lead an activity session so that you can volunteer with us to help older people in your area stay more mobile, improve mental health and enhance their later years.



Our next workshops are:

All Saints Hall, Langport - Wed 16<sup>th</sup> March

Victoria Park Community Centre, Bridgwater  
Thurs 17th March

Please [contact us](#) if you are interested or would like to find out more.



---

### Don't try this at home!

We were knocked head over heels to see Jill, one of Age UK Somerset's wonderful yoga instructors, doing shoulder and head stands... in her sixties! Amazing.

- Don't worry these are from Jill's independent practice, and not done with our participants during a class!



## Tai Chi QiGong

We will soon be recruiting volunteers to qualify in and then subsequently teach Tai Chi Qigong in SOMERSET - [contact us](#) if you are interested or know anyone who may be!



---

## Dementia training

Congratulations to Hazel & Gill who recently took part in a workshop at HQ and have now gained their 'learning from living with dementia' certificates

---

---

## Help us spread the word!

We would love you to suggest local ways we can share our classes. Do you know of any local Facebook community groups, specific parish newsletters or popular #hashtags?

Please email: [sarahjane.fraser@ageuksomerset.org.uk](mailto:sarahjane.fraser@ageuksomerset.org.uk)

Thank you very much to those who have already sent responses in!

---



We are on [Twitter](#) and [Facebook](#).

Do you follow us? @AgeWellSomerset

# Sharing the love

## Get Outside in Somerset has launched its February challenge – the Month of Love!

They say, 'It's important to remind ourselves of the love that surrounds us in everyday life and all the forms it comes in.'

There is a different theme each week, including **Love Yourself, Love Your Community, Love Your Green Space**, and **Love Your Friends and Family**. The challenge inspires everyone to participate in activities that celebrate each week's theme. Everyone is welcome to take part in as many activities or weeks that they choose.

As part of the challenge, Get Outside in Somerset is also encouraging the community to get their steps in! Challenge yourself to achieve 10K steps per day, or if that seems like a bit too much, aim to increase your current average by 3K, or take part in at least 30 minutes of moderate physical activity per day.

Check them out here: [Get Outside in Somerset](https://www.getoutsideinsomerset.co.uk)

## MONTH OF LOVE CHALLENGE!

See how many days you can complete throughout February

Mix things up if the activity doesn't suit you on that day!

TUE	WED	THU	FRI	SAT	SUN	MON
1 Get your steps in!	2 Turn the music up and dance	3 Take part in Time to Talk Day	4 Get up early to watch the sunrise	5 Go on an adventure	6 Try yoga	7 Declutter your space
8 Check in with a neighbour	9 Plan a fundraiser	10 Shop local	11 Volunteer in your community	12 Donate something you don't need	13 Take part in a charity event	14 Give blood if you are able
15 Litter pick for 2 minutes	16 Plant a tree	17 Make a bird house	18 Ditch the car	19 Build an insect hotel	20 Grow flowers and/or vegetables	21 Make a wild patch
22 Call a friend	23 Try a new hobby	24 Have a scavenger hunt	25 Lunchtime picnic	26 Go on an adventure	27 Be a tourist in your own town	28 Meet for a coffee

Use our hashtag to share your photos and videos!  
**#GetOutsideMonthOfLove**



[www.getoutsideinsomerset.co.uk](https://www.getoutsideinsomerset.co.uk)



@getoutsideinsomerset



@GetOutsideSom



@GetOutsideinSomerset



# Celebrating Success

We love hearing your news and positive feedback.  
Here's a sample of some of the latest praise for you, our  
fabulous instructors and volunteers!

***'You are the only people who seem to be bothering now and  
treat me as if I still matter... Thank you for just being there  
as a friendly voice'***

***-Brenda***

***'Thank you for all you do-it's a great job '***

***-Diana***

***'I am very grateful that you are still doing some classes  
online and really appreciate Jo's class on Mondays. '***

***-Anne***

***'I have really benefited from the Tai Chi with Lorraine, it has  
been a great help during the difficult days we have had!'***

***-Roni***

**Please share  
your stories  
with us.**

## Contact Us



01823 345626

01823 345614



[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

[fallsprevention@ageuksomerset.org.uk](mailto:fallsprevention@ageuksomerset.org.uk)



[www.ageuksomerset.org.uk/](http://www.ageuksomerset.org.uk/)

[ageingwell](http://ageingwell)